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52 Perfect Day Trips for Fit Adults in the Greater Washington Area

Beth Sansbury

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Looking for a way to exercise both mind and body? This unique travel book, focused on the Greater Washington Area (Maryland, Virginia, West Virginia and Washington Dc), presents 52 trips divided into half day adventures. Half of each day is dedicated to hiking, biking or kayaking and the other half to touring nearby museums, historical houses or towns. Each trip recommends a lunch stop. If you do not own a bike or kayak, rental places are listed or hikes offered as alternatives. The Washington area is not only a place of great natural beauty but is blessed with an incredible diversity of cultural destinations. The authors have discovered, however, that these places are often enjoyed by the locals but are unknown to casual visitors. This book now makes these places accessible to all. It is organized in a simple format: Why visit, Where (directions), How Long, Lunch Stop and Highlights. An information box lists such things as opening times, entrance fees and web sources.

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